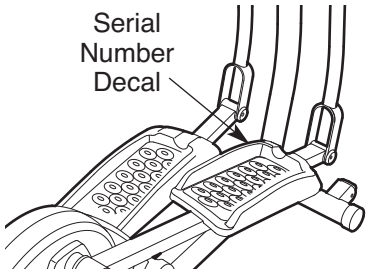
PRO-FORM®
SPACE SAVER 895 ZLE

Model No. PFEVEL73909.0
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

Call: 08457 089 009
From Ireland: 053 92 36102

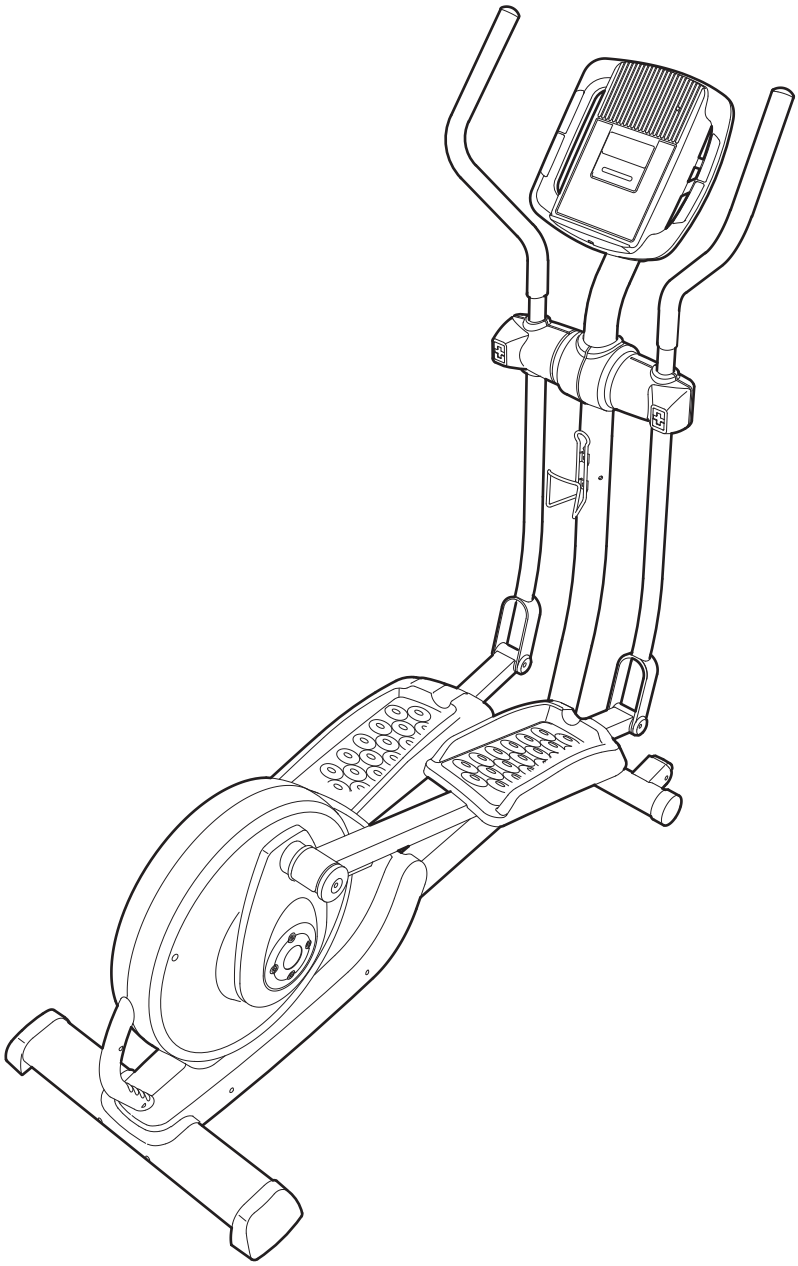
Website: www.iconsupport.eu
E-mail: Visit www.iconsupport.eu

Write:
ICON Health & Fitness, Ltd.
c/o HI Group PLC
Express Way
Whitwood, West Yorkshire
WF10 5QJ
UK

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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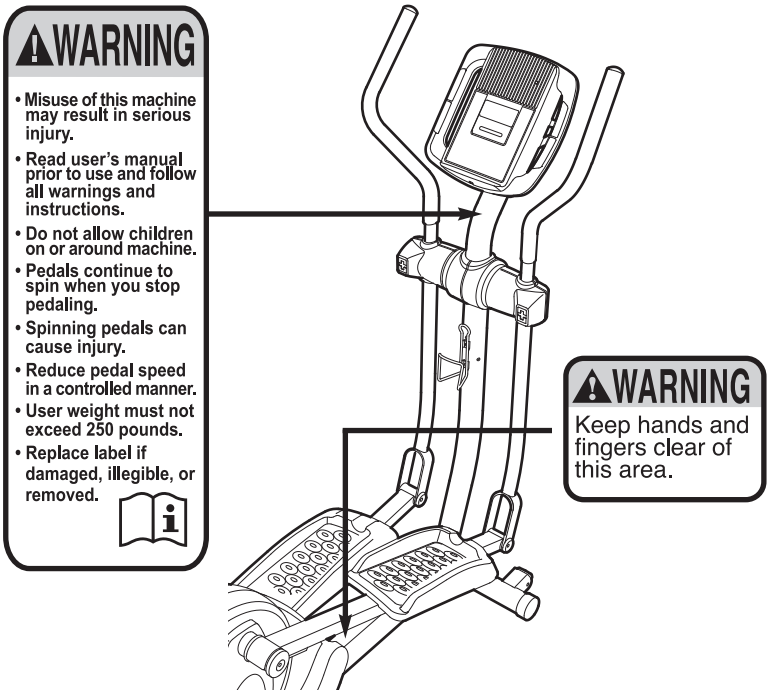
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Pedals continue to spin when you stop pedaling.
• Spinning pedals can cause injury.
• Reduce pedal speed in a controlled manner.
• User weight must not exceed 250 pounds.
• Replace label if damaged, illegible, or removed.
WARNING
Keep hands and fingers clear of this area.

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical exerciser before using your elliptical exerciser. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

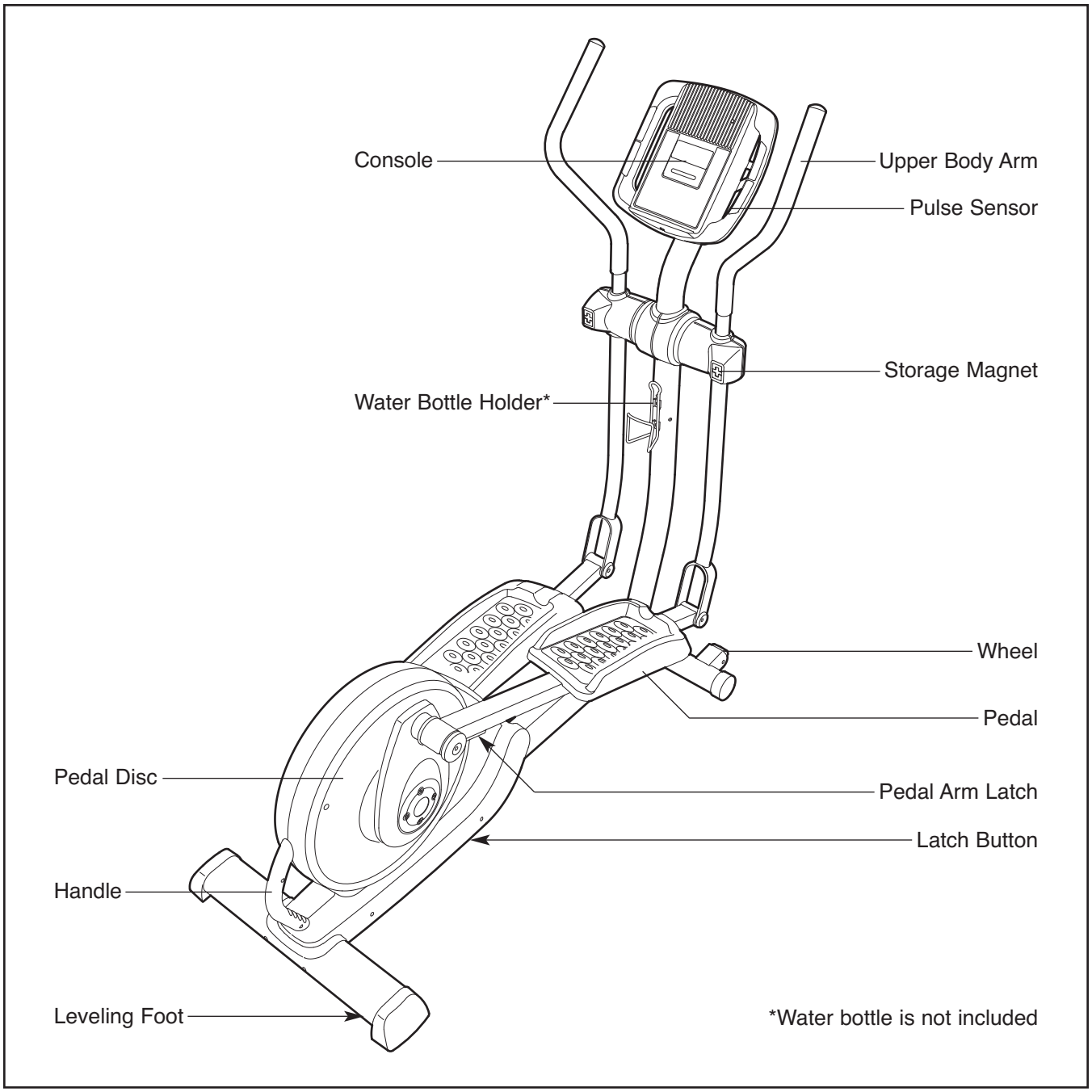
1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
2. **Use the elliptical exerciser only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.**
4. **The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.**
5. **Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 3 ft. (0.9 m) of clearance in the front and rear of your elliptical exerciser and 2 ft. (0.6 m) on each side.**
6. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
7. **Keep children under age 12 and pets away from the elliptical exerciser at all times.**
8. **The elliptical exerciser should not be used by persons weighing more than 250 lbs. (113 kg).**
9. **Wear appropriate exercise clothes while using the elliptical exerciser. Always wear athletic shoes for foot protection while exercising.**
10. **Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical exerciser.**
11. **The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
12. **Keep your back straight while using the elliptical exerciser; do not arch your back.**
13. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**
14. **When you stop exercising, allow the pedals to slowly come to a stop.**

BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® SPACE SAVER 895 ZLE elliptical exerciser. The PROFORM SPACE SAVER 895 ZLE provides a selection of features designed to make your workouts at home more effective and enjoyable.

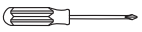
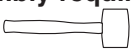
For your benefit, read this manual carefully before you use the elliptical exerciser. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

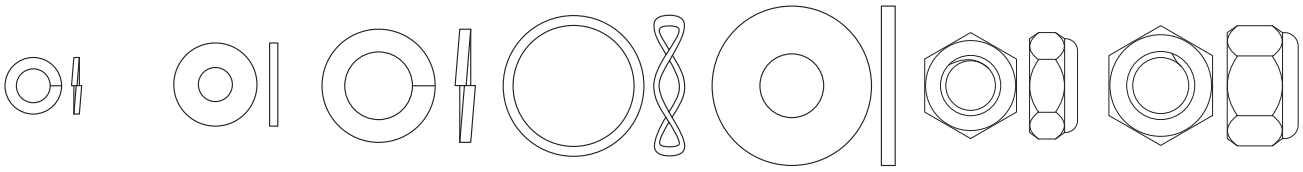


ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tool(s), assembly requires a Phillips screwdriver  , an adjustable wrench , and a rubber mallet  .

As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled.**



M4 Split Washer (112)–8

M4 Washer (102)–8

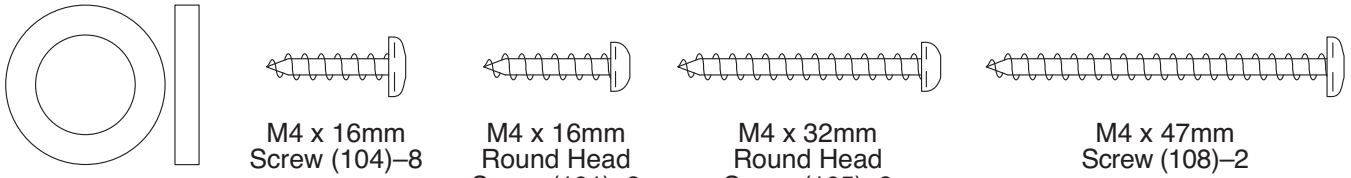
M8 Split Washer (90)–3

Wave Washer (111)–2

M8 Washer (88)–6

M8 Jam Nut (79)–5

M10 Locknut (81)–2



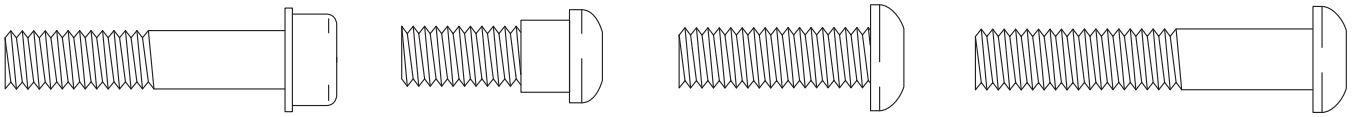
Bearing Spacer (118)–4

M4 x 16mm Screw (104)–8

M4 x 16mm Round Head Screw (101)–8

M4 x 32mm Round Head Screw (105)–6

M4 x 47mm Screw (108)–2

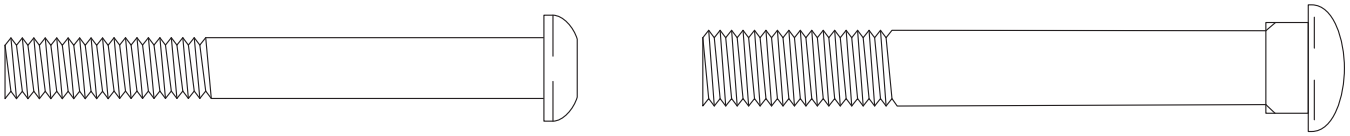


Hub Screw (87)–8

M8 x 23mm Shoulder Screw (115)–4

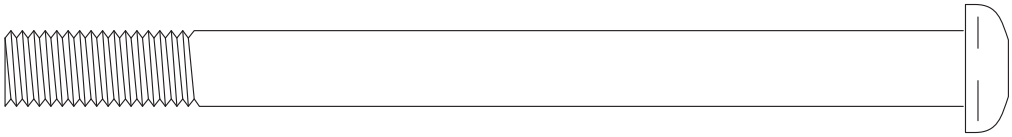
M8 x 23mm Button Screw (84)–4

M8 x 41mm Button Bolt (78)–4

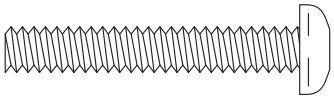


M8 x 69mm Button Bolt (80)–1

M10 x 80mm Carriage Bolt (82)–2



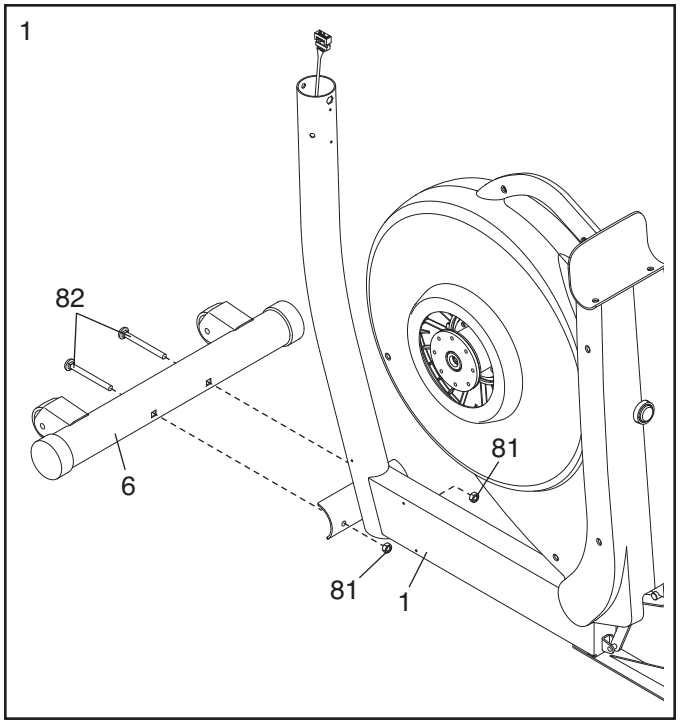
M10 x 127mm Button Screw (83)–2



Transport Handle Screw (117)–4

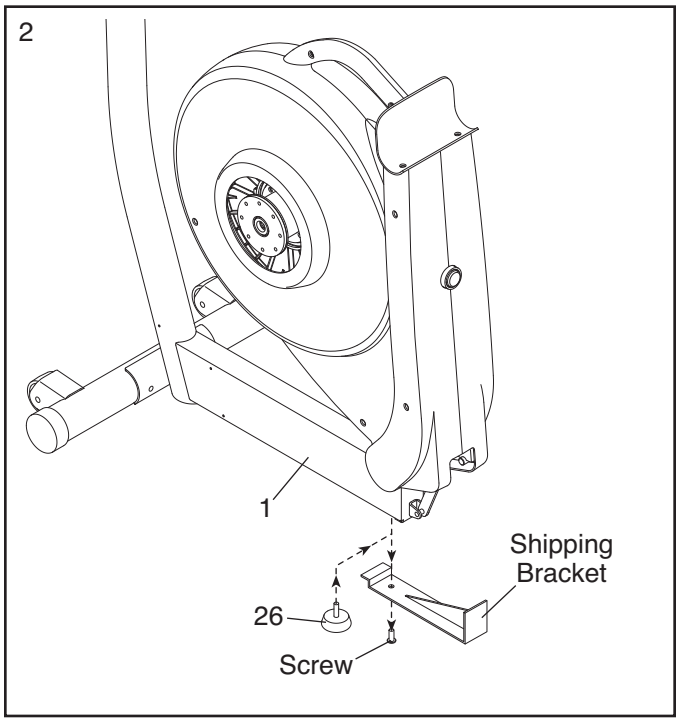
1. **To make assembly easier, read the information on page 5 before you begin.**

While another person lifts the Frame (1), attach the Front Stabilizer (6) to the Frame with two M10 x 80mm Carriage Bolts (82) and two M10 Locknuts (81).



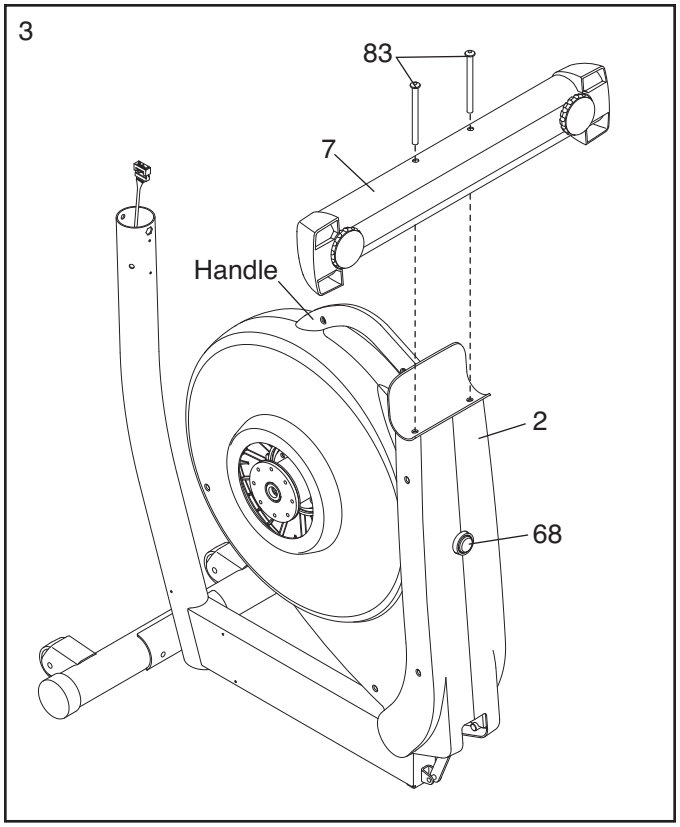
2. Remove the indicated screw and the shipping bracket from the Frame (1). Discard the screw and the shipping bracket.

Tighten the Frame Foot (26) into the Frame (1) as far as possible.



3. Attach the Rear Stabilizer (7) to the Folding Frame (2) with two M10 x 127mm Button Screws (83).

   Hold the handle on the Folding Frame (2) and press the Latch Button (68). Then, lower the Folding Frame until the Rear Stabilizer (7) rests on the floor.



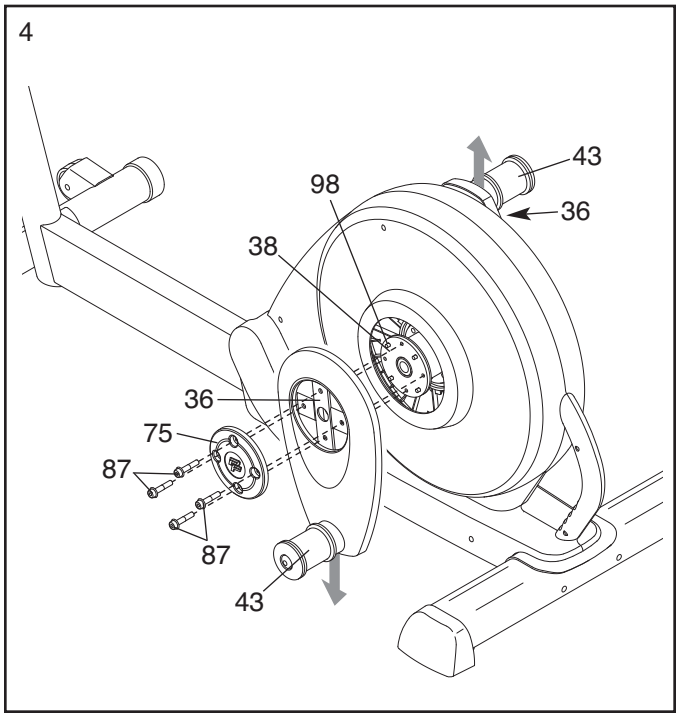
4. Hold a Hub Cover (75) and a Crank Arm (36) against the left Crank Hub (38).

   Align the holes in the Hub Cover (75) and the Crank Arm (36) with the unused holes in the left Crank Hub (38).

   Insert four Hub Screws (87) into the Hub Cover (75) and the Crank Arm (36). Then, finger tighten the Hub Screws into the left Crank Hub (38). **Tip: Tighten one Hub Screw, and then tighten the Hub Screw across from the first Hub Screw. Then, tighten the remaining two Hub Screws.**

   Repeat this step on the right side of the elliptical exerciser; **make sure that the Crank Arms (36) are oriented so the Crank Bushing Sleeves (43) are in the positions shown.**

   Note: There are no Pulley Screws (98) on the right side.



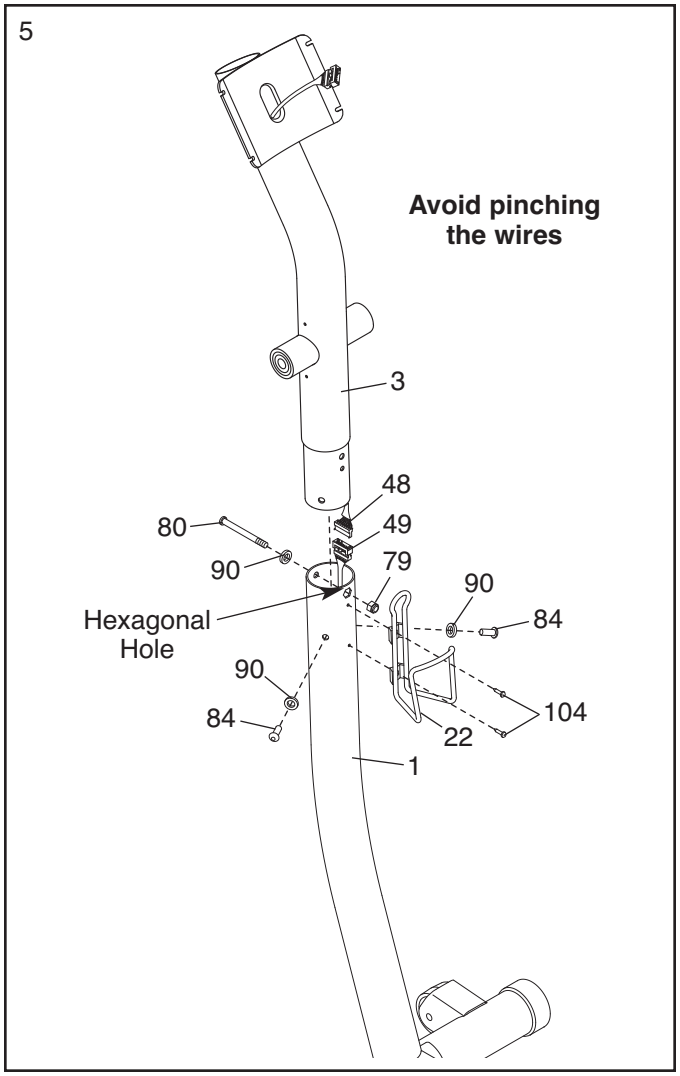
5. While another person holds the Upright (3) near the Frame (1), connect the Upper Wire Harness (48) to the Lower Wire Harness (49).

   Insert the Upright (3) into the Frame (1).

   Tip: Avoid pinching the wires. Attach the Upright (3) with an M8 x 69mm Button Bolt (80), an M8 Split Washer (90), and an M8 Jam Nut (79). **Do not tighten the Button Bolt yet; make sure that the Jam Nut is in the hexagonal hole in the Frame.**

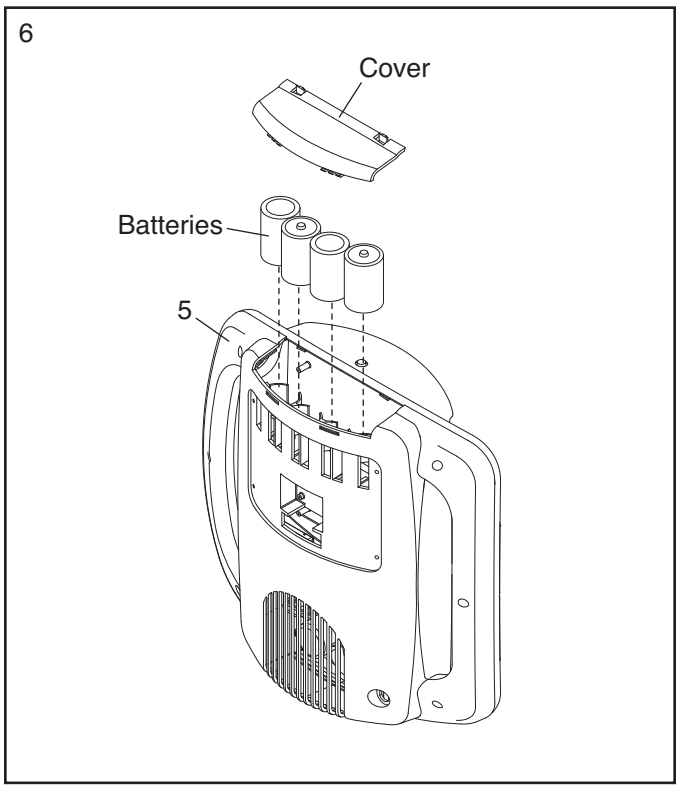
   Next, finger tighten two M8 x 23mm Button Screws (84) with M8 Split Washers (90) into the Frame (1). **Do not tighten the Button Screws yet.**

   Attach the Water Bottle Holder (22) to the Frame (1) with two M4 x 16mm Screws (104).



6. The Console (5) can use four D batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the battery cover, insert the batteries into the battery compartment, and reattach the battery cover. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.**

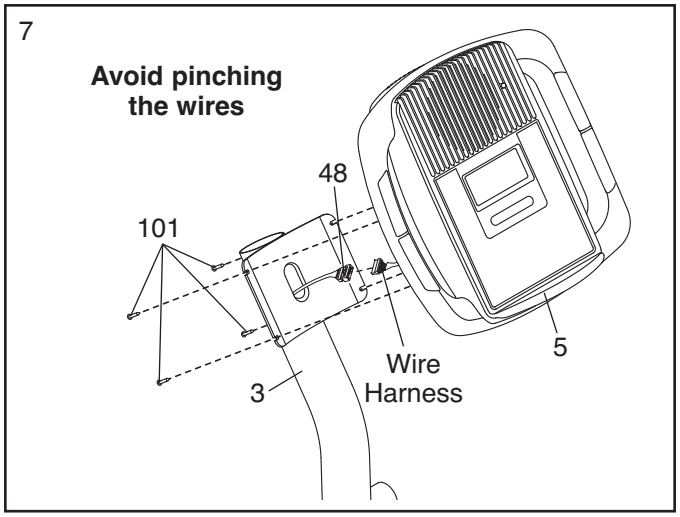
   To purchase an optional AC adapter, contact the store where you purchased this product or call the telephone number on the cover of this manual. To avoid damaging the console, use only a manufacturer-supplied AC adapter. Plug one end of the AC adapter into the jack on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



7. While another person holds the Console (5) near the Upright (3), connect the wire harness on the Console to the Upper Wire Harness (48).

   Insert the excess wires into the Upright (3).

   Tip: Avoid pinching the wires. Attach the Console (5) to the Upright (3) with four M4 x 16mm Round Head Screws (101).

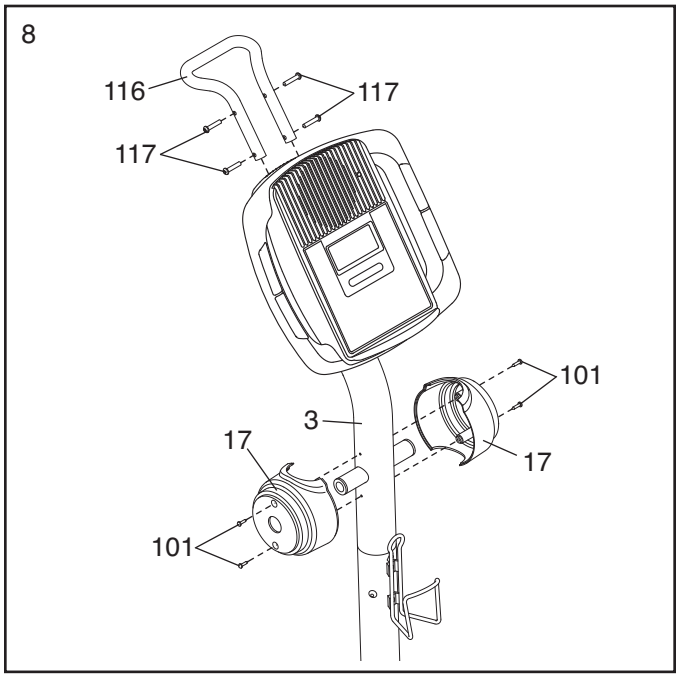


8. Attach the Transport Handle (116) to the Upright (3) with four Transport Handle Screws (117). **Make sure that the Transport Handle is oriented as shown.**

   Orient one of the Upright Covers (17) as shown, and hold it against the Upright (3).

   Attach the Upright Cover (17) with two M4 x 16mm Round Head Screws (101).

   Attach the other Upright Cover (17) in the same way.

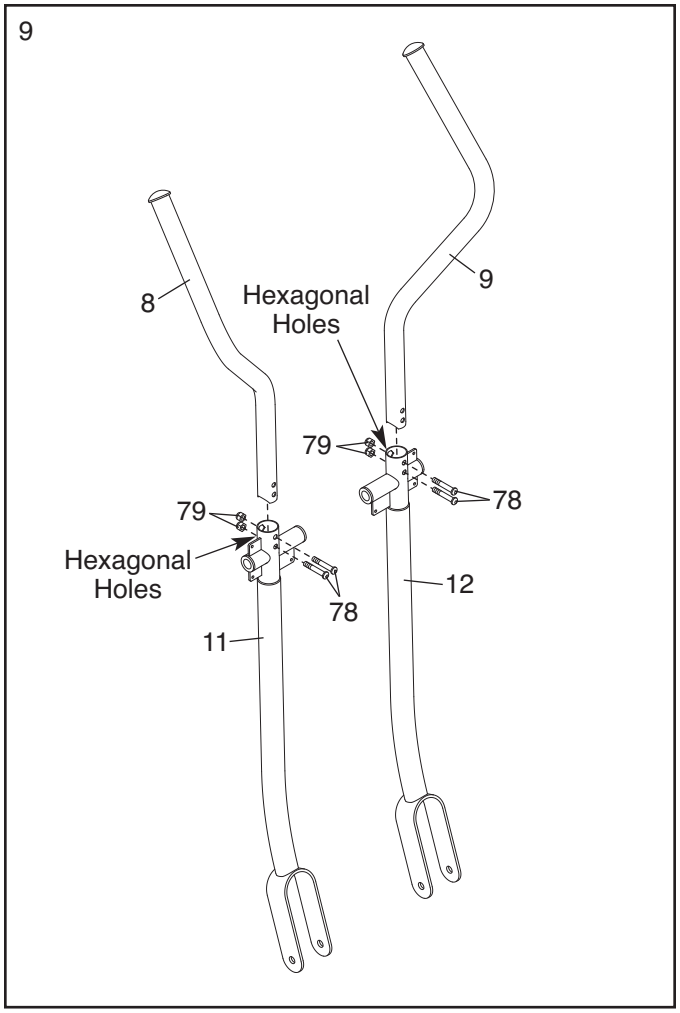


9. Identify the Left Upper Body Arm (8) and the Left Upper Body Leg (11), which are marked with “Left” stickers, and orient them as shown.

   Insert the Left Upper Body Arm (8) into the Left Upper Body Leg (11).

   Attach the Left Upper Body Arm (8) with two M8 x 41mm Button Bolts (78) and two M8 Jam Nuts (79). **Make sure that the Jam Nuts are in the hexagonal holes in the Left Upper Body Leg (11)**.

   Attach the Right Upper Body Arm (9) to the Right Upper Body Leg (12) in the same way.

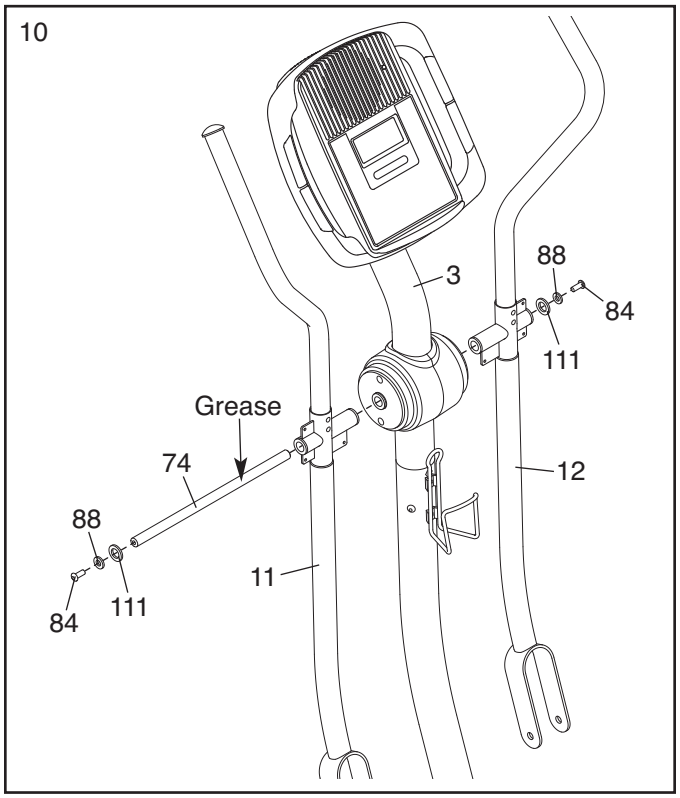


10. Apply a generous amount of the included grease to the Pivot Axle (74). Insert the Pivot Axle into the Upright (3) and center it.

    Orient the Left Upper Body Leg (11) as shown, and slide it onto the left end of the Pivot Axle (74).

    Then, slide the Right Upper Body Leg (12) onto the right end of the Pivot Axle (74).

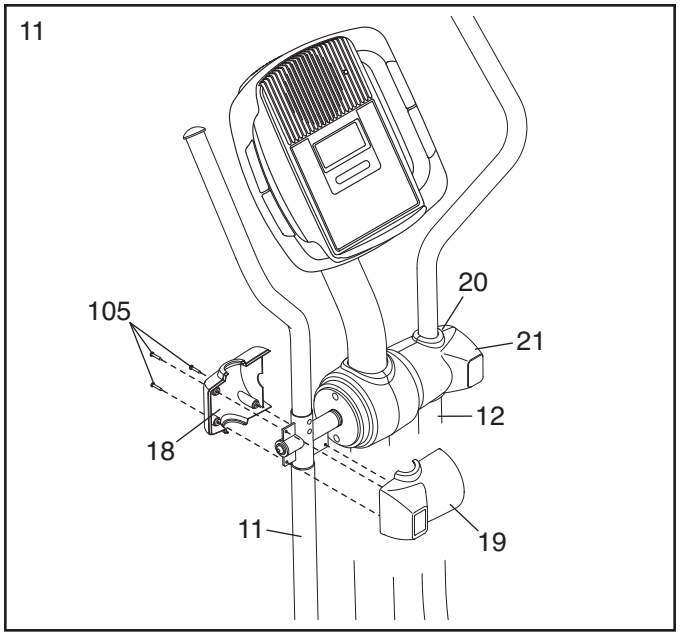
    Tighten an M8 x 23mm Button Screw (84), an M8 Washer (88), and a Wave Washer (111) into each end of the Pivot Axle (74). **Make sure that the Wave Washers are on the ends of the Pivot Axle.**



11. Hold the Left Front Cover (18) and the Left Rear Cover (19) around the Left Upper Body Leg (11).

    Attach the Left Front and Rear Covers (18, 19) with three M4 x 32mm Round Head Screws (105).

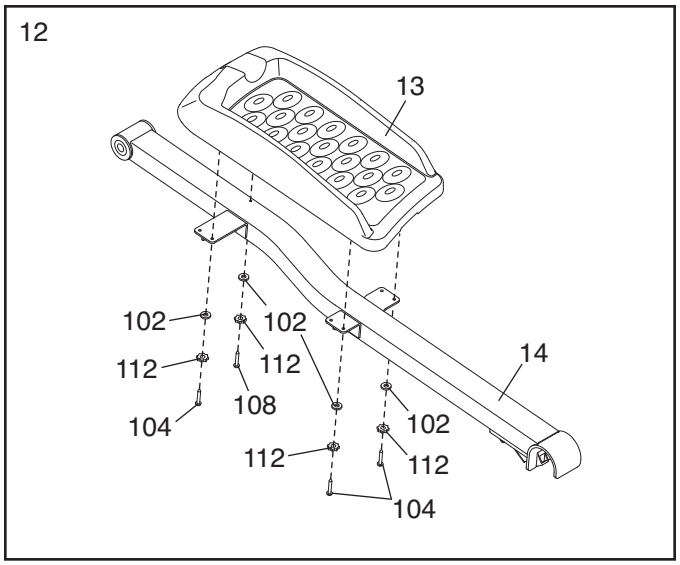
    Attach the Right Front Cover (20) and the Right Rear Cover (21) around the Right Upper Body Leg (12) in the same way.



12. Identify the Left Pedal (13) and the Left Pedal Arm (14), which are marked with “Left” stickers.

    Attach the Left Pedal (13) to the Left Pedal Arm (14) with an M4 x 47mm Screw (108), three M4 x 16mm Screws (104), four M4 Split Washers (112), and four M4 Washers (102).

    Attach the Right Pedal (not shown) to the Right Pedal Arm (not shown) in the same way.



13. Apply grease to a Pedal Arm Axle (32) and to the two Pedal Arm Bearings (33) in the Left Pedal Arm (14).

    Next, tighten an M8 x 23mm Shoulder Screw (115), an M8 Washer (88), and a Pedal Arm Cover (31) into one end of the Pedal Arm Axle (32). **Do not fully tighten the Shoulder Screw yet.**

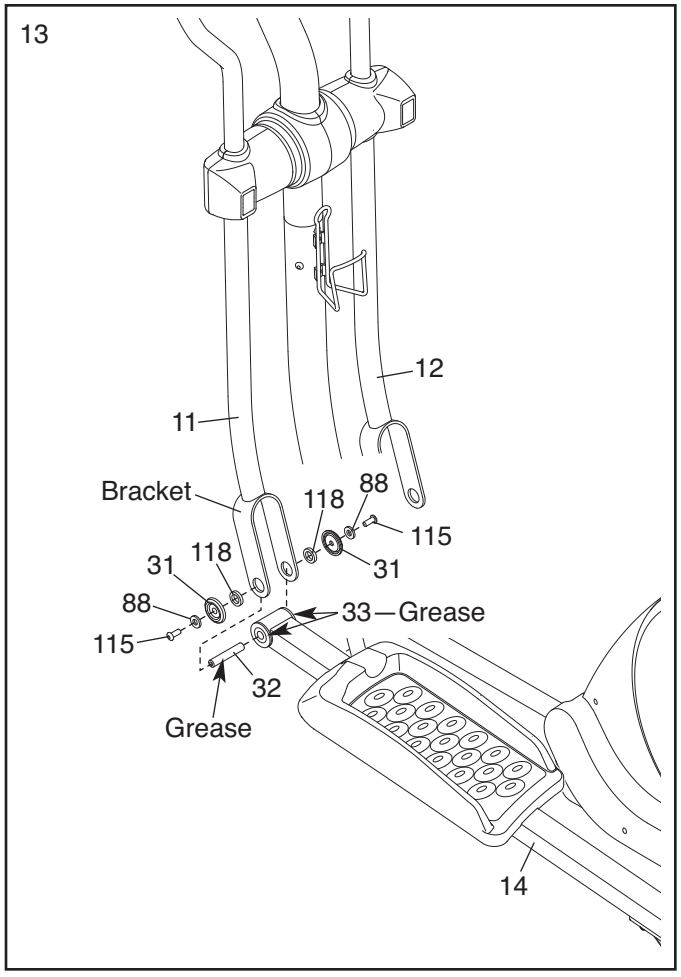
    While another person holds the Left Pedal Arm (14) inside the bracket on the Left Upper Body Leg (11), insert a Bearing Spacer (118) into each side of the bracket.

    Insert the Pedal Arm Axle (32) into the Left Upper Body Leg (11) and the Left Pedal Arm (14).

    Tighten another M8 x 23mm Shoulder Screw (115), M8 Washer (88), and Pedal Arm Cover (31) into the other end of the Pedal Arm Axle (32).

    Fully tighten both M8 x 23mm Shoulder Screws (115).

    Repeat this step to attach the Right Pedal Arm (not shown) to the Right Upper Body Leg (12).

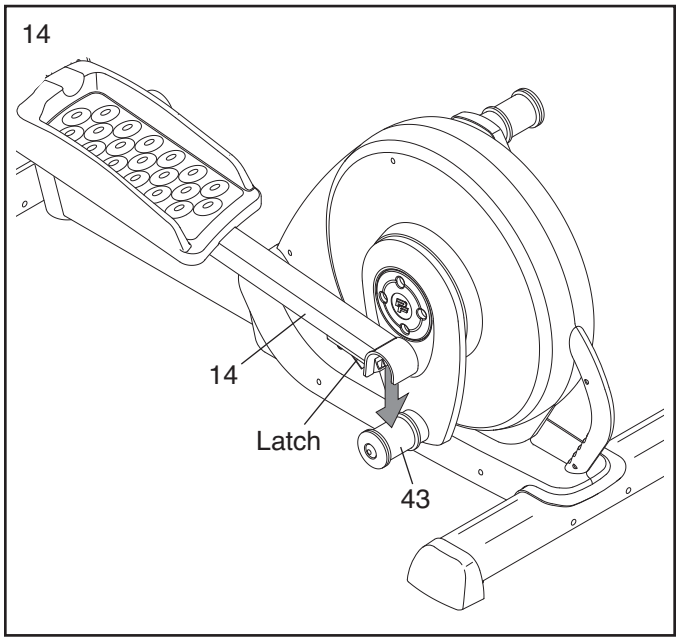


14. Lift the latch on the underside of the Left Pedal Arm (14), and set the Left Pedal Arm on the left Crank Bushing Sleeve (43).

    Release the latch, and make sure that the Left Pedal Arm (14) is securely connected to the Crank Bushing Sleeve (43).

    Connect the Right Pedal Arm (not shown) in the same way.

    See step 5. Tighten the M8 x 69mm Button Bolt (80) and the two M8 x 23mm Button Screws (84).

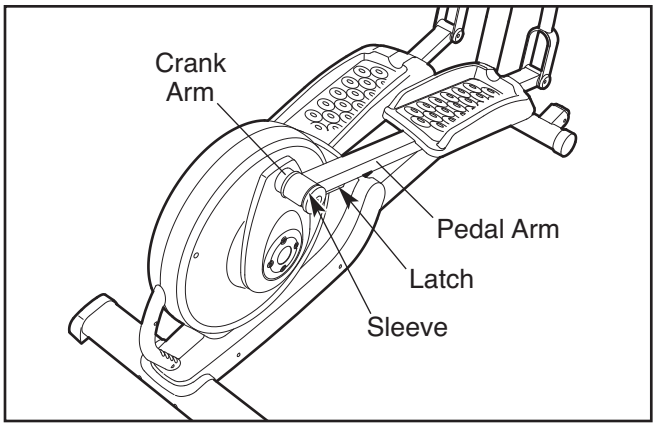


15. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

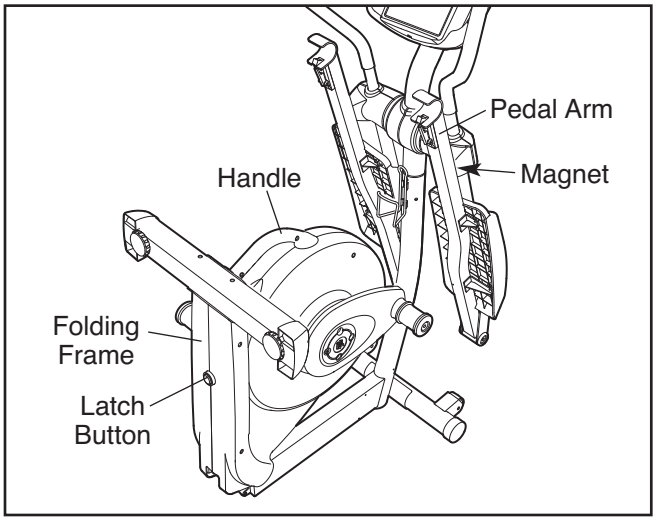
HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO FOLD AND UNFOLD THE ELLIPTICAL EXERCISER

When the elliptical exerciser is not in use, the frame can be folded out of the way. First, lift the latch under each pedal arm, and lift the pedal arms off the sleeves on the crank arms.



Next, raise the pedal arms until they touch the magnets on the upper body arms; the magnets will hold the pedal arms in place. Then, hold the handle and lift the frame until it locks in a vertical position.

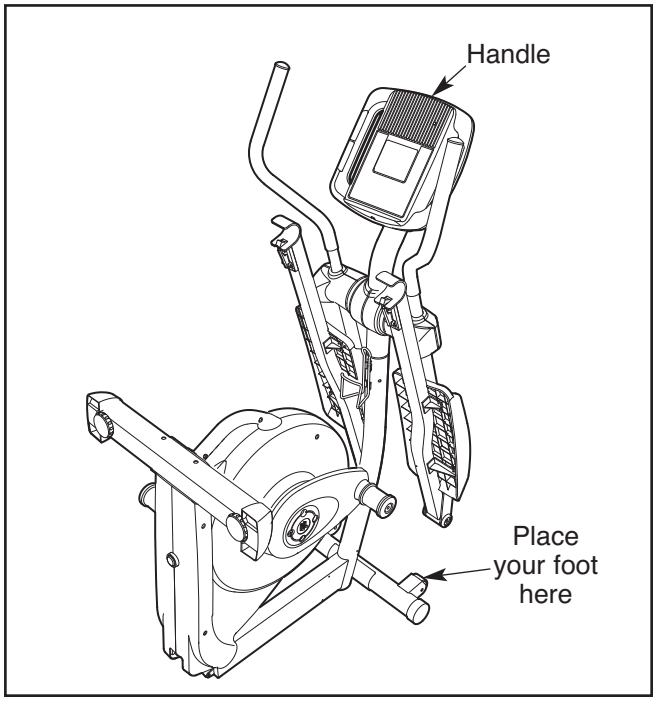


To unfold the elliptical exerciser, first hold the handle, press the latch button, and lower the frame.

Next, pull the pedal arms away from the magnets on the upper body arms. Then, **lift the latches under the pedal arms,** and set the pedal arms on the sleeves on the crank arms. Release the latches, and make sure that the pedal arms are securely connected to the crank arms.

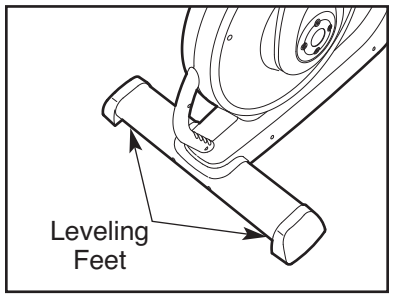
HOW TO MOVE THE ELLIPTICAL EXERCISER

To move the elliptical exerciser, first fold it as described at the left. Next, stand in front of the elliptical exerciser, hold the handle on the upright, and place one foot against the center of the front stabilizer. Pull the handle until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired position, and then lower it.



HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.

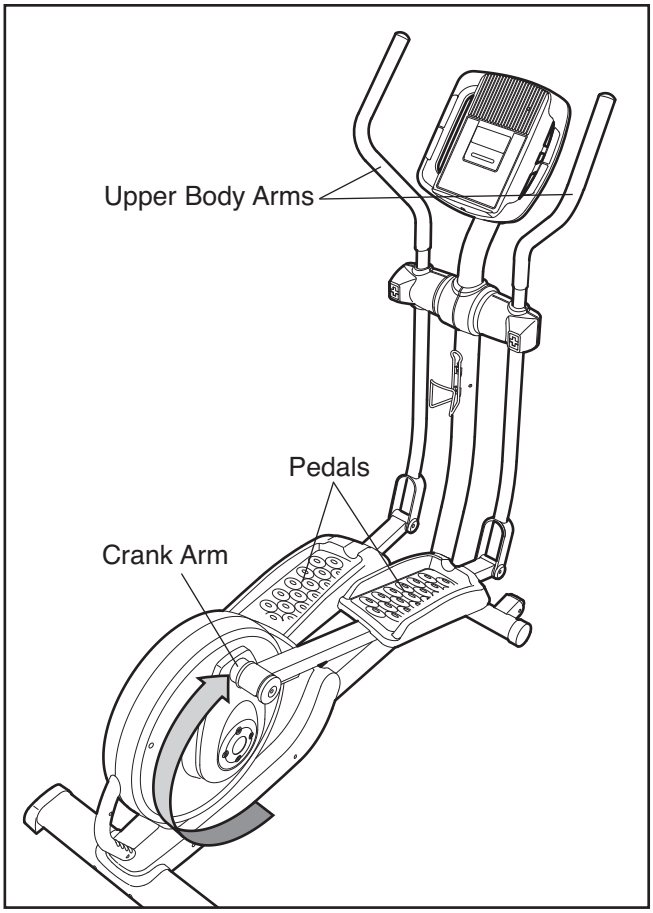


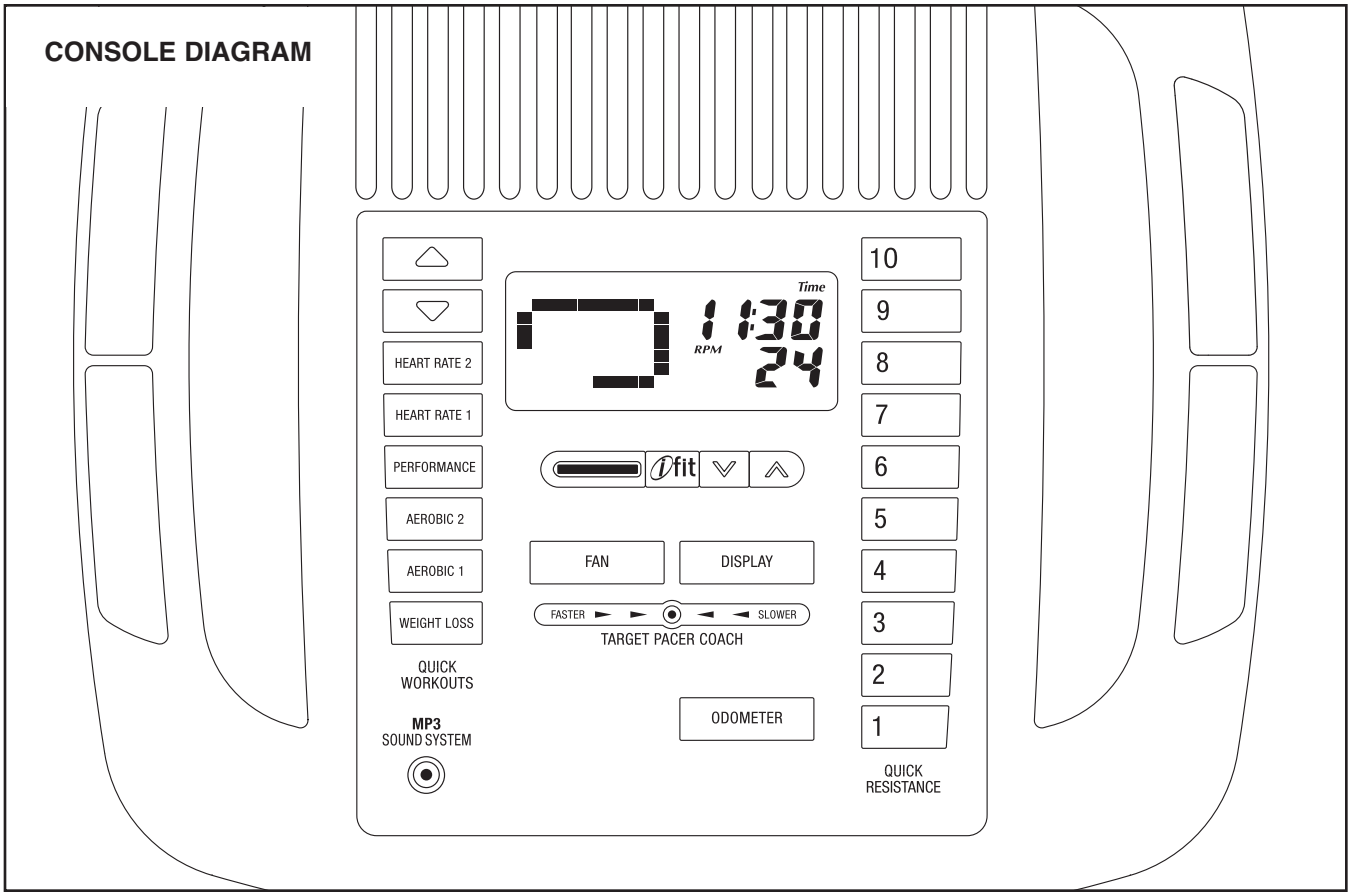
HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the upper body arms and step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.

Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow; however, for variety you can turn the crank arms in the opposite direction.

To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lower pedal.





FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable. When you select the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor.

The console also offers four preset workouts. Each workout automatically changes the resistance of the pedals and prompts you to increase or decrease your pedaling pace as it guides you through an effective workout.

In addition, the console features two heart rate workouts that change the resistance of the pedals to keep your heart rate near target heart rate settings while you exercise.

The console features the iFit interactive workout system, which enables the console to accept iFit cards containing workouts designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout. iFit workouts control the resistance of the pedals while the voice of a personal trainer coaches you through your workouts. iFit cards are available separately. **To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.**

You can even connect your MP3 player or CD player to the console's sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode, see page 16. **To use a preset workout,** see page 18. **To use a heart rate workout,** see page 19. **To use an iFit workout,** see page 20. **To use the sound system,** see page 21.

Note: Before using the console, make sure that batteries are installed (see assembly step 6 on page 8). If there is a sheet of clear plastic on the face of the console, remove the plastic.

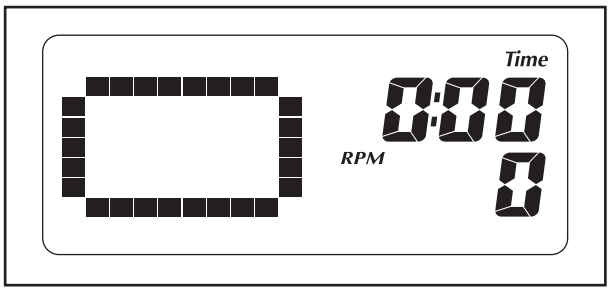
HOW TO USE THE MANUAL MODE

1. **Press any button on the console or begin pedaling to turn on the console.**

   When you turn on the console, the display and the target pacer coach will light. A tone will then sound and the console will be ready for use.

2. **Select the manual mode.**

   When you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing any of the Quick Workouts buttons repeatedly until a track appears in the left display.



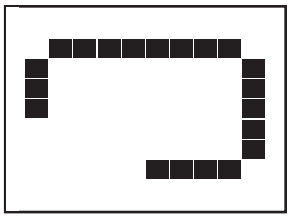
3. **Begin pedaling and change the resistance of the pedals as desired.**

   As you pedal, change the resistance of the pedals by pressing the Quick Resistance buttons. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the displays.**

   The upper right display can show the elapsed time, the distance (total revolutions) you have pedaled, the approximate number of calories you have burned, and the approximate number of grams of carbs you have burned. The display will change modes every few seconds.

The lower right display can show your pedaling pace in revolutions per minute (rpm) and the resistance level of the pedals. The display will change modes every few seconds. The display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor (see step 5 on page 17).



The left display will show a track representing 640 revolutions (1/4 mile or 402 meters). As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

To change the display mode, press the Display button repeatedly until the desired exercise information appears in the upper or lower right display. After several seconds, the display will change modes automatically as before.

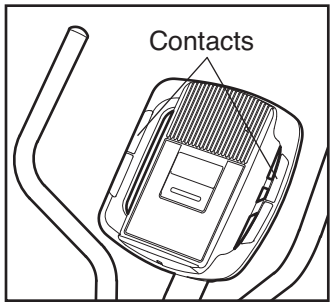
To view the trip distance, press the Odometer button. The information will appear in the display for a few seconds. To reset the trip distance, hold down the Odometer button for a few seconds. To view the total distance pedaled since the elliptical exerciser was purchased, press the Odometer button a second time. (Note: The number on the right side of the display multiplied by the number on the left side equals the trip distance or the total distance.)

To adjust the volume level of the console, first press and hold down the Display button until the display becomes blank. When you release the Display button, the volume level will then appear in the display. Press the increase and decrease buttons located above the Heart Rate buttons to select a volume level. Then, press the Display button.

5. **Measure your heart rate if desired.**

You can measure you heart rate using either the handgrip pulse sensor or the optional chest pulse sensor (see page 21 for information about the optional chest pulse sensor).

Note: If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console will not display your heart rate accurately.



If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**

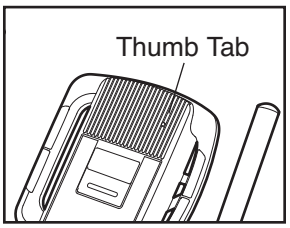
When your pulse is detected, a heart-shaped symbol will flash in the display each time your heart beats and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **Turn on the fan if desired.**

The fan has high, low, and auto speed settings; while the auto mode is selected, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling speed. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

Pivot the thumb tab on the right side of the fan to adjust the fan angle.



7. **When you are finished exercising, the console will turn off automatically.**

If the pedals do not move for several seconds, a series of tones will sound and the console will pause.

If the pedals do not move for about five minutes, the console will turn off and the displays will be reset.

HOW TO USE A PRESET WORKOUT

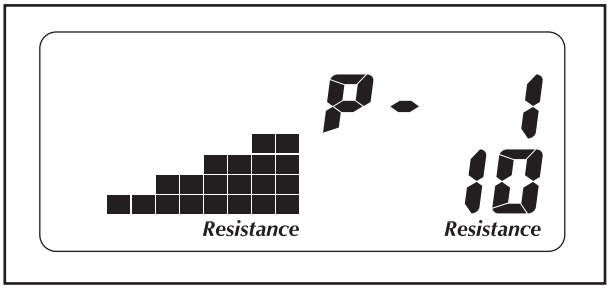
1. **Press any button on the console or begin pedaling to turn on the console.**

   See step 1 on page 16.

2. **Select a preset workout.**

   To select one of the four preset workouts, press the Weight Loss, the Aerobic 1, the Aerobic 2, or the Performance button on the left side of the console.

   When you select a preset workout, the name of the workout and the maximum resistance level will appear in the display for a few seconds. A profile of the resistance levels of the workout will also scroll across the left side of the display.

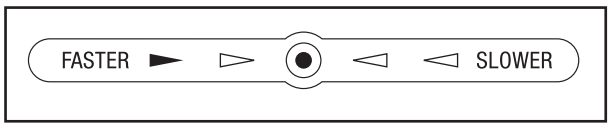


3. **Begin pedaling to start the workout.**

   Each workout is divided into 30 one-minute segments. One resistance level and one target pace setting is programmed for each segment. Note: The same resistance level and/or target pace setting may be programmed for consecutive segments.

   During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

   During the workout, the target pacer coach will prompt you to keep your pedaling pace near the target pace setting for the current segment. When a left indicator lights, increase your pace; when a right indicator lights, decrease your pace. When the center indicator lights, maintain your current pace. **IMPORTANT: The target pacer coach is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**



   If the resistance level for the current segment is too high or too low, you can manually override the resistance level by pressing the Quick Resistance buttons. However, when the current segment ends, the resistance of the pedals will automatically adjust to the resistance level for the next segment.

   If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the workout ends.

4. **Follow your progress with the displays.**

   See step 4 on page 16.

5. **Measure your heart rate if desired.**

   See step 5 on page 17.

6. **Turn on the fan if desired.**

   See step 6 on page 17.

7. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 17.

HOW TO USE A HEART RATE WORKOUT

1. **Press any button on the console or begin pedaling to turn on the console.**

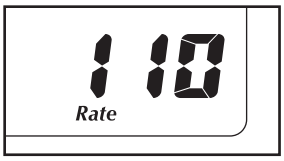
   See step 1 on page 16.

2. **Select a heart rate workout.**

   To select one of the heart rate workouts, press the Heart Rate 1 or the Heart Rate 2 button on the left side of the console.

3. **Enter a target heart rate setting.**

   A few seconds after you select a heart rate workout, the target heart rate setting for the workout will flash in the lower right display.



   During heart rate workout 1, the same target heart rate setting will be programmed for all segments of the workout. If you have selected heart rate workout 1, press the increase and decrease buttons above the Heart Rate buttons to enter the desired target heart rate setting (see EXERCISE INTENSITY on page 23).

   During heart rate workout 2, different target heart rate settings will be programmed for different segments of the workout. If you have selected heart rate workout 2, press the increase and decrease buttons above the Heart Rate buttons to enter the desired maximum target heart rate setting for the workout (see EXERCISE INTENSITY on page 23).

4. **Hold the handgrip pulse sensor or put on the optional chest pulse sensor.**

   To use a heart rate program, you must use the handgrip pulse sensor or wear the optional chest pulse sensor (see page 21). Note: If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console will not display your heart rate accurately.

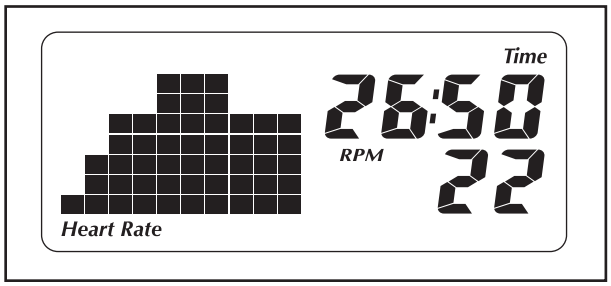
   If you use the handgrip pulse sensor, it is not necessary to hold the handgrip pulse sensor continuously during heart rate workouts; however, you should hold the handgrip pulse sensor frequently for the workouts to operate properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.**

5. **Begin pedaling to start the workout.**

   Heart rate workout 1 is divided into 40 one-minute segments. Note: For a shorter workout, stop exercising or select a different workout before the workout ends.

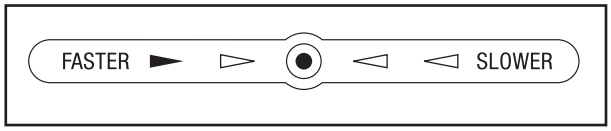
   Heart rate workout 2 is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for consecutive segments.

   During the workout, the workout profile in the display will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target heart rate setting for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash.



   During both workouts, the console will regularly compare your heart rate to the target heart rate setting for the current segment of the workout. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. Each time the resistance changes, the resistance level will appear in the display for a few seconds to alert you.

While you exercise, the target pacer coach will prompt you to maintain a constant pedaling speed. When a left indicator lights, increase your pace; when a right indicator lights, decrease your pace. When the center indicator lights, maintain your current pace. **IMPORTANT: The target pacer coach is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**



If the resistance level for the current segment is too high or too low, you can manually override the resistance level by pressing the Quick Resistance buttons. However, when the console compares your heart rate to the target heart rate setting, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the workout ends.

6. **Follow your progress with the displays.**

   See step 4 on page 16.

7. **Turn on the fan if desired.**

   See step 6 on page 17.

8. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 17.

HOW TO USE AN IFIT WORKOUT

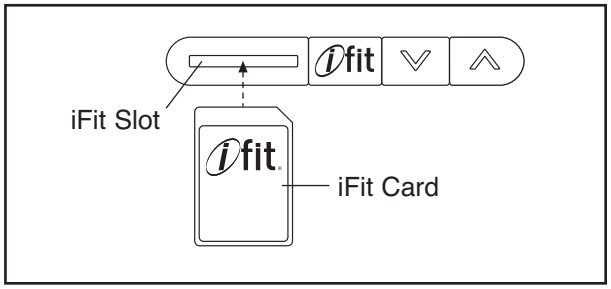
iFit cards are available separately. To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.

1. **Press any button on the console or begin pedaling to turn on the console.**

   See step 1 on page 16.

2. **Insert an iFit card and select a workout.**

   To use an iFit workout, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so the metal contacts are face down and are facing the slot. When the iFit card is properly inserted, the indicator next to the slot will light and the word IFIT will appear in the display.



   Next, select the desired workout on the iFit card by pressing the increase and decrease buttons next to the iFit slot.

   A moment after you select a workout, the voice of a personal trainer will begin guiding you through your workout. iFit workouts work in the same way as preset workouts. To use the workout, see steps 3 to 7 on page 18.

3. **When you are finished exercising, remove the iFit card.**

   Remove the iFit card when you are finished exercising. Store the iFit card in a secure place.

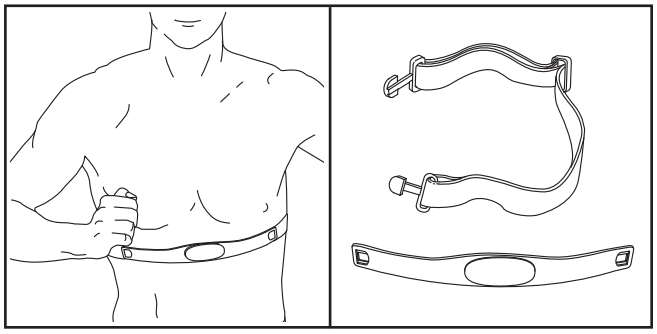
HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console's sound system while you exercise, plug the included audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume of the speakers using the volume control on your MP3 player or CD player. Note: You can also adjust the volume of the console as described in step 4 on page 16.

THE OPTIONAL CHEST PULSE SENSOR

The optional chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, see the front cover of this manual.**



MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

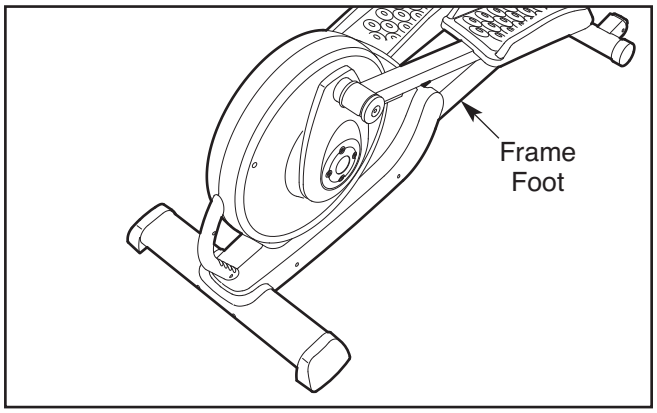
CONSOLE TROUBLESHOOTING

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 6 on page 8 for replacement instructions.

If the console does not display your heart rate when you use the handgrip pulse sensor, see step 5 on page 17.

HOW TO ELIMINATE FLEXING IN THE CENTER OF THE ELLIPTICAL EXERCISER

If the elliptical exerciser flexes in the center during use, turn the frame foot (see the drawing at the left) until the flexing is eliminated.



EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♡
145	*138*	*130*	*125*	*118*	*110*	*103*	♡
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. PFEVEL73909.0

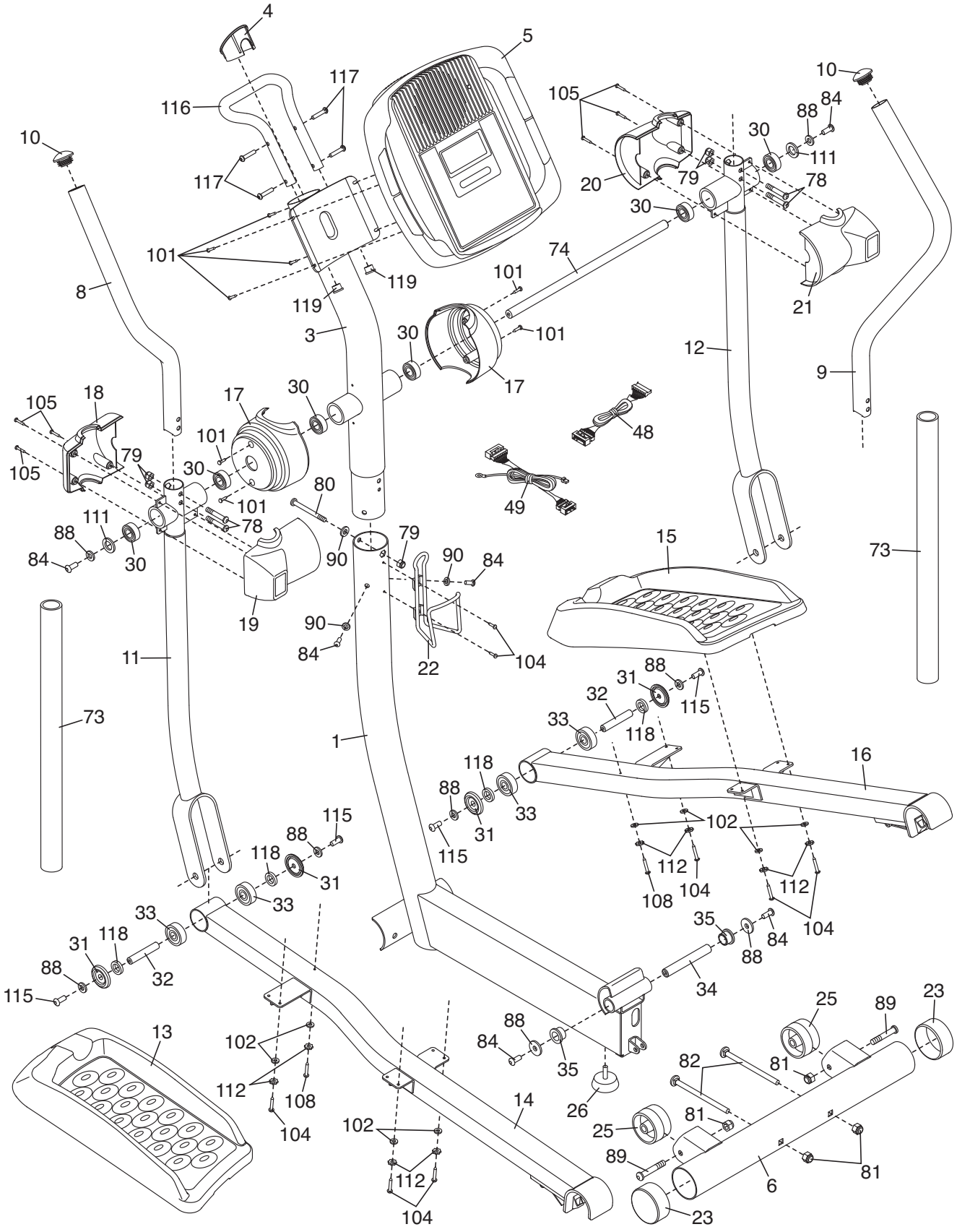
R1009A

Key No.	Qty.	Description
1	1	Frame
2	1	Folding Frame
3	1	Upright
4	1	Upright Cap
5	1	Console
6	1	Front Stabilizer
7	1	Rear Stabilizer
8	1	Left Upper Body Arm
9	1	Right Upper Body Arm
10	2	Upper Body Arm Cap
11	1	Left Upper Body Leg
12	1	Right Upper Body Leg
13	1	Left Pedal
14	1	Left Pedal Arm
15	1	Right Pedal
16	1	Right Pedal Arm
17	2	Upright Cover
18	1	Left Front Cover
19	1	Left Rear Cover
20	1	Right Front Cover
21	1	Right Rear Cover
22	1	Water Bottle Holder
23	2	Front Stabilizer Cap
24	2	Rear Stabilizer Cap
25	2	Wheel
26	1	Frame Foot
27	2	Leveling Foot
28	1	Left Shield
29	1	Right Shield
30	6	Upper Body Bearing
31	4	Pedal Arm Cover
32	2	Pedal Arm Axle
33	4	Pedal Arm Bearing
34	1	Frame Axle
35	2	Frame Bushing
36	2	Crank Arm
37	2	Inner Crank Cover
38	2	Crank Hub
39	1	Pulley Spacer
40	1	Pulley
41	2	Crank Bushing Cover
42	4	Crank Arm Bearing
43	2	Crank Bushing Sleeve
44	2	Crank Bearing Set
45	1	Crank
46	1	Crank Spacer
47	2	Crank Snap Ring
48	1	Upper Wire Harness
49	1	Lower Wire Harness
50	1	Reed Switch/Wire
51	1	Drive Belt
52	1	Flywheel
53	1	C-magnet
54	1	Pillow Block
55	1	Magnet
56	1	Spring
57	1	Idler
58	1	Idler Bracket
59	1	Clamp
60	1	Reed Switch Bracket
61	1	Latch Pin
62	2	Latch Bracket Spacer
63	2	Hairpin Cotter Pin
64	1	Latch Bracket
65	1	Pivot Bracket
66	2	Pivot Bracket Spacer
67	1	Pivot Pin
68	1	Latch Button
69	1	Roll Pin
70	1	Resistance Motor
71	1	Resistance Cable Pulley
72	1	Resistance Cable Set
73	2	Foam Grip
74	1	Pivot Axle
75	2	Hub Cover
76	2	Outer Crank Cover
77	2	Flywheel Bracket
78	4	M8 x 41mm Button Bolt
79	7	M8 Jam Nut
80	1	M8 x 69mm Button Bolt
81	4	M10 Locknut
82	2	M10 x 80mm Carriage Bolt
83	2	M10 x 127mm Button Screw
84	6	M8 x 23mm Button Screw
85	1	M6 x 10mm Button Screw
86	2	Crank Screw
87	8	Hub Screw
88	10	M8 Washer
89	2	M10 x 60mm Button Screw
90	3	M8 Split Washer
91	1	Flywheel Spacer
92	1	Flywheel Washer
93	1	Flywheel Snap Ring
94	4	Pillow Block Screw
95	1	Stop Screw
96	1	M8 x 35mm Screw
97	1	E-clip
98	4	Pulley Screw
99	2	Crank Washer
100	2	M4 x 25mm Screw

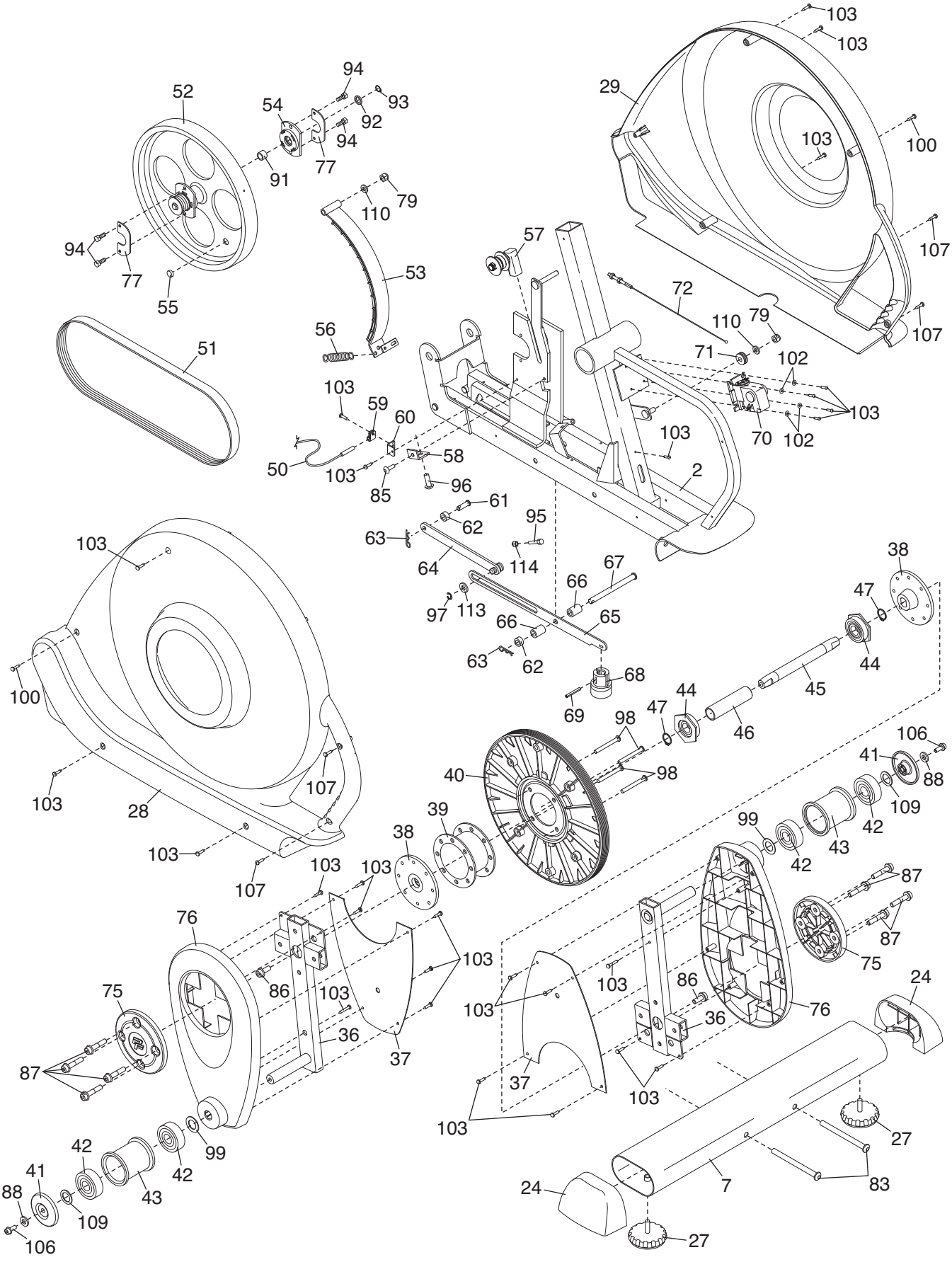
Key No.	Qty.	Description	Key No.	Qty.	Description
101	8	M4 x 16mm Round Head Screw	112	8	M4 Split Washer
102	12	M4 Washer	113	1	M10 Washer
103	27	M4 x 16mm Screw	114	1	M6 Nut
104	8	M4 x 16mm Screw	115	4	M8 x 23mm Shoulder Screw
105	6	M4 x 32mm Round Head Screw	116	1	Transport Handle
106	2	M8 x 31mm Shoulder Screw	117	4	Transport Handle Screw
107	4	M4 x 12mm Screw	118	4	Bearing Spacer
108	2	M4 x 47mm Screw	119	2	Transport Handle Cap
109	2	Large Wave Washer	*	–	Assembly Tool
110	2	M8 Small Washer	*	–	Grease Packet
111	2	Wave Washer	*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING A—Model No. PFEVEL73909.0 R1009A



EXPLODED DRAWING B—Model No. PFEVEL73909.0 R1009A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

Part No. 287758 R1009A

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